

# YOUTH GROUP EXERCISE

## New ! All classes open to Children 6-15 years

Youth Group Exercise * no sign up necessary * 6-15 yrs. Parents welcome to join in					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
5:30pm Youth Cycle Randy	7:00pm Zumba for Youth Tracey (Studio 2)	5:30pm Youth Cycle Randy	7:00pm Zumba for Youth Carla (Studio 2)	5:45pm Kids Water Fun Jeanne/ Kathy	<b>11:15am</b> <b>Youth Y- Box/                  Hip-Hop                  Missy</b>

Zumba®- A dynamic and energetic cardio class combining dance with fitness, adding Latin flavor and international zest into the mix. No dance experience necessary. Ditch the workout and join the party!

Youth Y-Box/ Hip-Hop- A fun workout using kicks, punches, and hip-hop moves to keep you moving while sharpening your reactions.

Water Fun -Aerobic exercise using traditional games to build strength and agility.

Youth Cycling - A cardiovascular workout focusing mainly on the lower body.

**Don't forget about our Youth Wellness Classes! Youth Wellness is a 4 week course teaching youth from 11-14 years old how to properly use the cardio & strength equipment in the wellness center.**

**See front desk to register.**

### Fall I Session

**Wed., Sept. 15 - Oct. 6th** 4:30- 6:00pm and 6:15pm - 7:45pm

**Thur., Sept. 16 - Oct. 7th** 5:30pm - 7:00pm

**Sat., Sept. 18 - Oct. 9th** 10:30am - 12:00pm

**Tue., Oct. 19 - Nov. 9th** 6:30pm - 8:00pm

**Wed., Oct. 20 - Nov. 10th** 4:30- 6:00pm and 6:15pm - 7:45pm

**Thur., Oct. 21 - Nov. 11th** 5:30pm - 7:00pm